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**Ruth Linnen, MTS, (c) OAMHP, RP**

**Certified EMDR Therapist**

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[**www.ruthlinnen.com**](http://www.ruthlinnen.com)

**Education**

**Business Accounting Diploma**

Georgian College, 1987

**Bachelor of Arts, Honours Religious Studies /Studies in Personality and Religion**

University of Waterloo, 1995

**Master of Theological Studies, Spiritual Care and Psychotherapy, Distinction**

Wilfrid Laurier University, 1997

**Graduate Gold Medal-Medal of Academic Excellence**

**Areas of study**: Theology/ Psychotherapy Modalities/Family Therapy

**Additional course work:** Social Research Methods, Statistics, Theories of Human

Development, Solution Focused Family Therapies, Trauma

University of Guelph, 1998-1999

**Related Professional Development**

**Got Parts? Understanding Nuances of Working with “Insiders:**

Institute for Creative Mindfulness, 2024

**Advanced Master Program on the Treatment of Trauma**

The National Institute for the Clinical Application for Behavioural Medicine, 2023

**The Neurobiology of Attachment**

The National Institute for the Clinical Application for Behavioural Medicine, 2023

**Introduction to Trauma Exposed Professionals**

Warrior Health, 2023

**Partnership Canadian Veterans Rehabilitation Services**

Homewood Health, 2023

**Adapting EMDR Protocol When Working with Indigenous/First Nations People**

Envision Workshops, EMDRIA credit provider, 2021

**How to Assess for Dissociative Disorders and Conceptualizing Treatment Planning in Complex Cases**

Envision Workshops, EMDRIA credit provider, 2021

**Establishing Online Clinical Practice**

OAMHP, 2020

**EMDR with Chronic Shame, Traumatic Memory in CPTSD and Dissociative Disorders**

Envision Workshops, EMDRIA credit provider, 2020

**Integrating the Multidimensional Inventory of Dissociation into Clinical Practice**

D & JAM Trainings, EMDRIA credit provider, 2020

**Clinical Supervision Training Program**

CICAPP, 2020

**Advanced EMDR Workshop**

Treating Dissociative Disorders with EMDR, Delores Mosquera, 2019

**Clinical Supervision**

Faculty of Social Work, Wilfrid Laurier, 2018

**Motivational Interviewing**

P.N.A Change Consultants, 2018

**EMDR Certification**

Kathy Karn, Clinical Supervisor, 2017-2018

**Sensorimotor Psychotherapy, Level One**

Sensorimotor Psychotherapy Institute, 2016

**Dialectical Behavioural Therapy**

The Linehan Institute, Online Learning, 2015

**Violence Threat Risk Assessment, Levels 1 and 2**

Canadian Centre for Threat Assessment & Trauma Response, 2015

 J. Kevin Cameron

**Excellence in EMDR**

Kathy Karn & Brynah Schneider, 2012

**ASIST: Suicide First Aid**

Living Works, 2011

**EMDR, Basic**
Kathy Karn & Brynah Schneider, 2009

**Traumatic Stress Services**

Trauma Stabilization and Recovery Training, 2007

London Health Sciences

**Trauma Counselling for Front Line Workers**

The Hincks Dellcrest Centre, 2004

**Critical Incident Stress Management, Basic and Advanced**

Georgian Critical Incident Stress Management Team, 2001-2002

Murray N Firth, ICISF approved instructor

International Critical Incident Stress Foundation recognized curriculum

 **Work Experience**

**Canadian Mental Health Association, 1999-2019, retired**

Mental Health Therapist

North Wellington Community Team

Provide assessment and treatment for individuals who have been diagnosed using DSM-5 criteria. Facilitate psycho educational programs, CBT, DBT and Emotion Regulation (trauma)

Provide crisis support, community education,

training, clinical supervision, and consultation in all areas of trauma

**Certified Professional Counselling Centre, 1996-current**

**(Trauma Services of Southwestern Ontario)**

Private Practice

Director, Psychotherapist

Individual, couple, family and group therapy

Specializing in trauma consultation, assessment, treatment and training

Please go to [www.ruthlinnen.com](http://www.ruthlinnen.com) for complete information about CPCC /TSSWO

 **Training Experience**

**Safeguards Training for Children and Adult Services, 2015-current**

A Family Systems Approach to Intergenerational Trauma (Feb 2015, Toronto; Apr 2016, London; Jun 2016, Ottawa; Nov 2016, Thunder Bay; March 2016, Tyendinaga First Nations , Belleville; October 2017, Six Nations of the Grand River, Brantford; Nov 2017, Belleville; July, 2018, Nogdawindamin Family Counselling and Community Services , Sault St. Marie).

PTSD: Prevention & Intervention for Front Line Staff and First Responders (Feb 2018, Hamilton).

Capacity Building for Peer CISM Teams (April 2018, Ministry of Child and Youth Services, Toronto).

Adult Survivors of Developmental Trauma: A Framework for Assessment and Intervention (February 2021, Webinar)

Adult Survivors of Developmental Trauma: Assessment (February 2021, Webinar)

Adult survivors of Developmental Trauma: Waiting for the Bomb to Drop: and not knowing what to do when it does. A Group Treatment Intervention (February 2021, Webinar)

**CPCC/Trauma Services of Southwestern Ontario, 2016-current**

AFamily Systems Approach to Intergenerational Trauma ( June 2016, Walkerton; September 2017 Hanover; February 2018, Carizon, St. Agatha)

Trauma: Impact on Brain Development, Symptoms, and Intervention, (April 2018, Hanover, Community Living)

Capacity Building for Care Partners: Resilience and Self Care, (June 2018, Chesley, Parkinson’s Society of Southwestern Ontario)

Adult Survivors of Developmental Trauma: A Framework for Assessment and Intervention, (March 2019, Carizon, Kitchener)

Workplace Traumatic Stress: Prevention and Intervention for Frontline Staff and First Responder, (May 2019, Shelburne)

Team Capacity Building: Waiting for the Bomb to Drop: and not knowing what to do when it does. A Group Treatment Intervention (Carizon, Polaris Team, December 2019 to April 2022, Kitchener)

Team Capacity Building: Adult Survivors of Developmental Trauma (March 2019, Polaris, Kitchener)

Team Capacity Building: Psychosocial/Systems Perspective on Personality Organization (March 2021, Polaris, Kitchener)

Team Capacity Building: A Family Systems Perspective on Loss and Grief work (March 2021, Polaris, Kitchener)

Team Capacity Building: Understanding Domestic Violence (March 2021, Polaris, Kitchener)

Workplace Traumatic Stress: Prevention and Intervention for Frontline Staff and First Responders (November 2023, Metis Nation of Ontario Branch Training, Toronto)

Trauma Informed Practice, Expanding Our Lens (February 2024, Metis Nation of Ontario, Canadian Ecology Centre, Mattawa)